

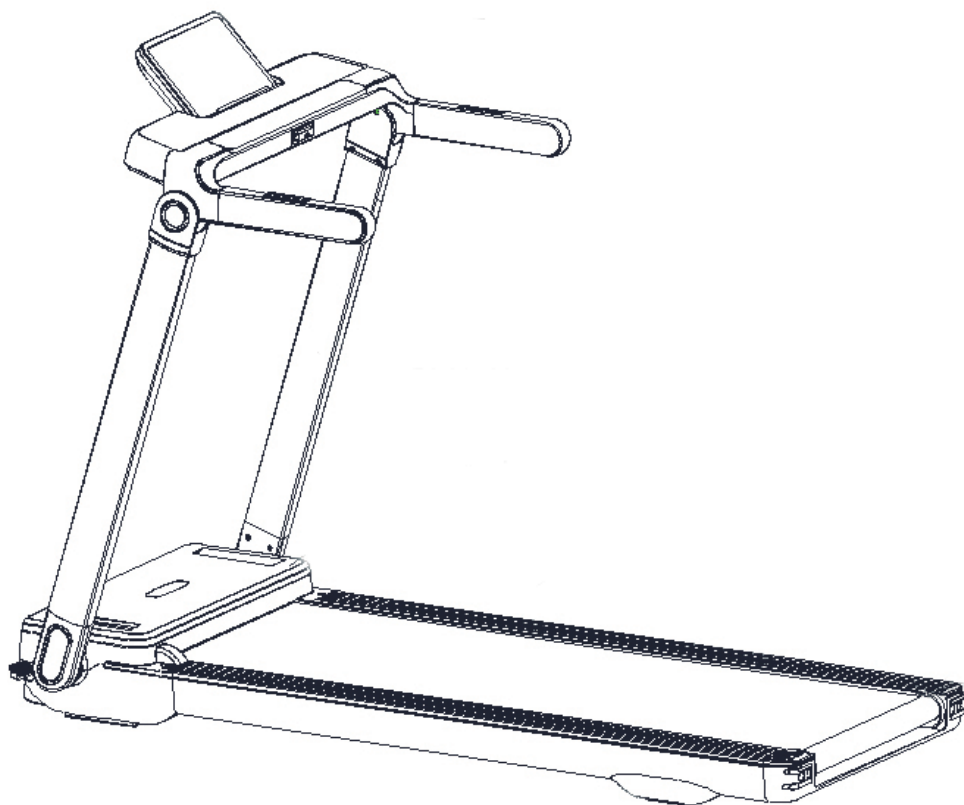
STARKE

Treadmill T60
STARKE
Home

For safe use and product knowledge, please read this
MANUAL thoroughly.

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OWNER'S MANUAL **TREADMILL T60 STARKE**



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IMPORTANT SAFETY INFORMATION

SAFETY FIRST

1. When using the treadmill, keep children and pets away from the treadmill. Minors should use the treadmill under the escort of adults to avoid injury.
2. Before using the treadmill, clamp the safety switch on the user's clothes. When not using the treadmill, please remove the safety switch.
3. The power supply of the treadmill needs to be well grounded. Using a power outlet without good grounding may damage the treadmill, and the manufacturer will not guarantee it! When you finish exercising and stop using the treadmill, please turn off the power.
4. For non-professionals, please don't open the front cover of the treadmill and adjust the electrical control of the treadmill, so as not to bring you unnecessary trouble.
5. For your safety and prolonging the service life of the treadmill, it is forbidden for overweight people or two or more people to use a treadmill at the same time.
6. For your safety, please don't get on the treadmill from the back end of the machine, so as not to harm your body.
7. When the treadmill is running, it is forbidden to touch the running belt with your hands or exercise barefoot on the treadmill.
8. Heart rate monitoring is only for exercise reference, not for medical data. Patients with hypertension and heart disease should not use treadmill alone to avoid accidents.
9. When using the treadmill, if you feel chest tightness and dizziness, please stop exercising immediately. Excessive exercise may cause serious injury or accident.
10. Emergency jumping-off method: If the running belt does not stop in time in case of emergency during exercise, hold the handrail with both hands to support the body, so that both feet are separated from the surface of the running belt, and put both feet on the pedal platforms on both sides and leave the treadmill from one side.

11. At least 2000mm×1000mm safety area should be reserved behind the treadmill to avoid accidents when using the treadmill.

For the health and safety of you and your family, please carefully read the following operating procedures and precautions before you start exercising, so that you will have more fun in exercising.

Please note that this product has a weight limit. If your weight exceeds **135Kg (297lb)**, it may affect the service life of the treadmill.

Waste Disposal

The products are recyclable. At the end of its useful life, dispose of this Article correctly and safely.



Thank you for purchasing our product. Even though we work hard to guarantee the quality of each product, occasional errors and / or omissions can occur. If you find a defect with this product or a lack of parts, please contact us.

PRECAUTIONS

- Make sure that the power cord is not exposed so that people can trip.
- Never touch the canvas with your hands while it is in motion. Also make sure that there are no objects close to the canvas or the rollers that can be pulled causing injury or damage to the product.
- Repair of the unit's electrical components should be done only by qualified personnel.

Important Voltage Information

Before connecting the power cord to an electrical outlet, check that the voltage requirements for your area match the voltage of the treadmill you received. Power requirements for the treadmill include a dedicated, grounded circuit. Check the voltage on the label on the product.

ATTENTION: Do not attempt to use this unit with a voltage adapter. Do not attempt to use this unit with an electrical extension cord.

To reduce the risk of burns, fire, electric shock or personal injury:

1. The device must never be left unattended when plugged into an outlet. Unplug it when not in use, and before placing or removing parts.
2. Use this device only for its intended use, as described in this manual. Do not use accessories not recommended by the manufacturer.
3. Never use this equipment if you have a loose cable or connector, if it is not working properly, in the event of a fall, or contact with water and is malfunctioning. Contact technical assistance for analysis.
4. Keep the cable away from hot surfaces.
5. Never use the device in places without ventilation.
6. Keep air openings free of dust, hair, and the like.
7. Never drop or insert any object into any opening.
8. Do not use the equipment outdoors.
9. Do not operate in locations with the presence of flammable gases.
11. Connect the device only to a properly grounded outlet.
12. The equipment is intended for use in homes, gyms and condominiums.

Emergency stop

In the event of an emergency that requires stopping the equipment, hold the handrail and place both feet next to the walking canvas on the platform and press the safety button to stop the equipment completely.

Getting in and out of the treadmill

Be careful when entering and exiting the belt, always use the bars and place your feet on the tarp only after the tarp reaches a constant speed. For your own safety, start walking on the treadmill at speeds below 2 km / h. Always look ahead during your workouts and never try to turn around while the treadmill is

activated.

At the end of your training session, stop by pressing the 'STOP' button and wait until the tarpaulin stops completely before leaving the treadmill. In case you feel unsure about speed, hold the bars and position yourself on the side platforms next to the hiking canvas.

See a doctor immediately

Before starting any exercise program, consult your doctor. This is especially important for individuals over the age of 35 or people with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for damage or injury sustained by or through the use of this treadmill.

ADD-ONS

Recommended operating temperature: -20° C ~ 40° C.

Recommended storage temperature: -0° C ~ 50° C.

Ideal humidity for operation and storage is between 40% and 80%.

Below 40% - Increases the risk of electrostatic energy accumulation caused by friction between the canvas and the deck.

Above 80% - Water may condense on the electronic components and cause a short circuit on the board.

If the power cord is damaged, it must be replaced by the dealer, service personnel or qualified person to avoid accidents.

TECHNICAL SPECIFICATIONS

Main technical parameters

- Input power supply voltage: AC220V $\pm$ 10%(50Hz~60Hz)
- Rated current: 10.2A
- Working environment temperature: 0~40° C
- Motor power: 1850W
- Operating speed range: 1~16 (km/h)
- Slope adjustment range: fixed
- Time display range: 0:00~99:59(H:M)
- Distance display range: 0.00~99.99(km)
- Heart rate range: 50~200 (beats/min)
- Calories display range: 0~999 (calories)
- Floor space: 158×76×119 CM
- Effective use area: 130×46CM
- Folding size: 22×76×158 CM

Characteristics

- 1850W low noise dc motor.
- Foldable design for easy storage.
- Equipped with double rollers which are convenient to move, it is convenient and light to move.
- Installation-free, and can be used after unpacking and unfolding, thus avoiding the complicated installation process.
- Step-on folding upright pole, push-down folding dial.
- Humanized safety protection device with double safety protection functions of emergency stop and slow stop.
- Green energy-saving function, automatic shutdown after 5 minutes of no-load operation, safety, energy saving and environmental protection.
- The lines of the whole machine are simple and smooth, and the appearance is novel and fashionable.
- Bring your own mobile phone and PAD support, and enjoy free entertainment while running.
- Adopt multi-window white light display screen, fully present sports data, and preset 12 intelligent running programs.
- High-brightness acrylic panel and high-sensitivity touch buttons are adopted,

making the operation more convenient.

- With high-sensitivity hand-held handrails for measuring heart rate, the exercise heart rate can be monitored in time.

- The transformer-free electric control technology with lower energy consumption, energy saving and environmental protection is adopted, and the applicable voltage range is wider.

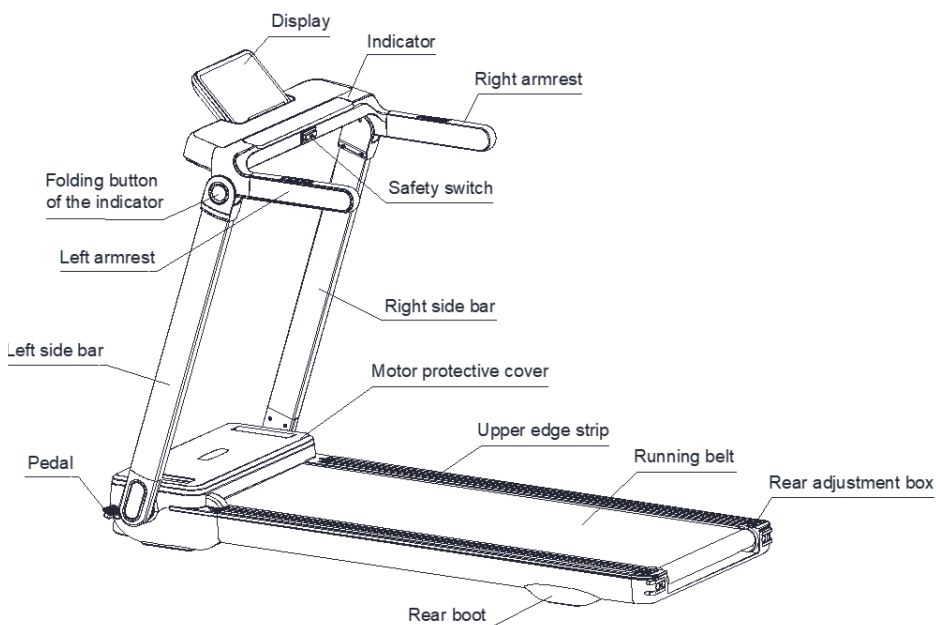
- PU handrails which are ergonomic, comfortable, safe and environmentally friendly.

- It is equipped with Hi-Fi and Bluetooth music input.

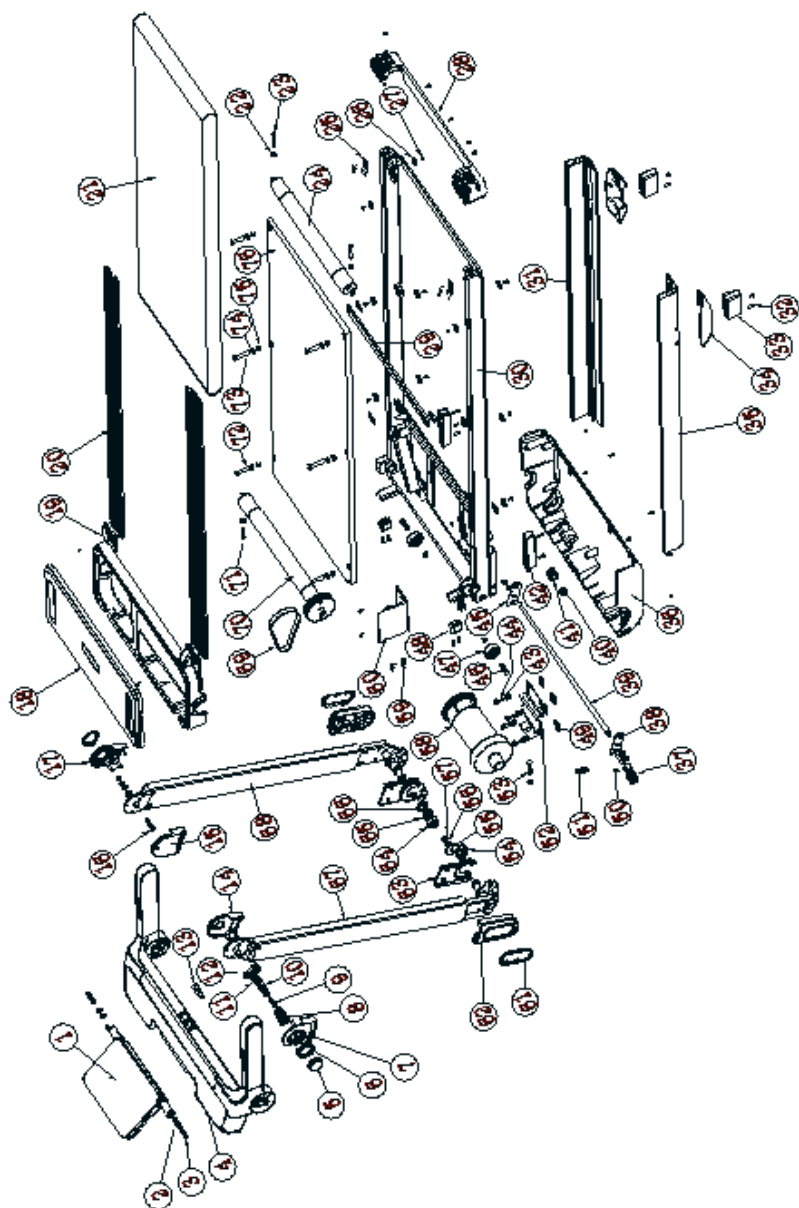
- Intelligent Health Cloud Management Campaign APP which supports multiple platforms and languages (IOS system and Android system are supported).

- The intelligent Internet of Things treadmill which makes the running process full of pleasure (sharing running data, interacting with friends, and participating in online running competitions).

- The step counting and real-time monitoring can scientifically and effectively improve the sports effect and safety protection.



EXPLODED VIEW



LIST OF PARTS

No.	Description	Quantity
1	Display screen	1
2	Spring gasket	2
3	M8x25 cylindrical head hexagon socket screw	2
4	Electronic console	1
5	Key	1
6	Circle	2
7	Left outside trim	1
8	Tower spring	1
9	M8X35 pan head hexagon socket screw	1
10	Anti-rotation sheet	2
11	Armrest positioning sleeve	1
12	Movable adjustment part	1
13	Safety key	1
14	Left inside trim	1
15	Right inside trim	1
16	M8X40 pan head hexagon socket screw	1
17	Right outside trim	1
18	Motor cover housing	1
19	Motor cover	1
20	Top edging	2
21	Running belt	1
22	M6 flat gasket	3
23	M6X60 cylindrical head hexagon socket screw	2
24	Rear roller	1
25	Upper edging stopper	2
26	Edgingbuckle	12
27	M4X10 flat head screw	34
28	Rear adjustment box	1

29	Running support tube	1
30	Running frame	1
31	Right edging	1
32	M4X16 flat head screw	12
33	Rear foot pad	2
34	Rear boots	2
35	Left edging	1
36	Motor bottom cover	1
37	Pedal rubber part	1
38	Left adjustment weldment	1
39	Link fixing shaft	1
40	Power cord plug (small)	1
41	Power Switch	1
42	Front foot pad	2
43	M8 spring gasket	4
44	M8X20 cylindrical head hexagon socket screw	4
45	Right adjustment weldment	1
46	M8X outer hexagon head screw	2
47	φ48 casters	2
48	Standing foot pad	2
49	Motor cushion	4
50	M6X15 flat head cross screw	1
51	Belt tensioning spring	1
52	Motor base	2
53	M8X50 outer hexagon head screw	1
54	Lower trim inside the upright pole	2
55	M10 (40 × 3. 0) mushroom washer	1
56	M10 standard spring washer	1
57	M10 stop nut	1
58	DC motor	2
59	Plastic pressing line code	1

60	Motor control board	1
61	Small trim of upright pole	2
62	Exterior trim of upright pole	2
63	Interior trim of upright pole	2
64	M20 self-locking nut	1
65	M20 spring washer	1
66	M20 gasket	1
67	Left side bar weldment	1
68	Right side bar weldment	1
69	Drive belt	1
70	Front roller	1
71	M6X45 cylindrical head hexagon socket screw	1
72	M8X50 countersunk cross screw	4
73	M8X55 countersunk cross screw	2
74	M8 (16 × 1. 2) flat washer	17
75	M8 self-locking nut	11
76	Running board	1

OPERATING GUIDE

Take the treadmill out of the packing box and remove the packaging protective materials. The treadmill is designed with double rollers which are convenient to move, has the function of installation-free folding, and can be placed horizontally or standing for easy storage.

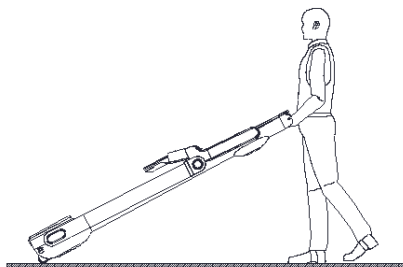
When standing, please place it against the wall. There is a risk of falling down after standing. Please keep children away from it to avoid unnecessary injuries. Function operation is as follows:

Before you start

1. Find a comfortable place, mount your equipment in an open space, with adequate ventilation and lighting. As the equipment can be transported easily, it is not necessary to assemble it in the exact place where it will be used. For your convenience, however, you should avoid carrying it over long distances, through narrow passages, or by stairs after mounting it.
2. Review all safety instructions on page 1 of this manual.

Step 1

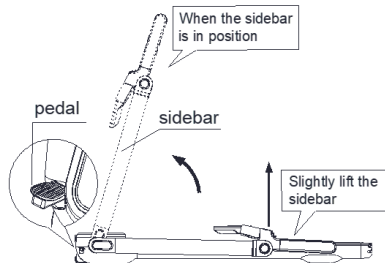
Movement of the treadmill: the user stands at the rear end of the treadmill, grasps the cross bar at the rear end of the treadmill with both hands, lifts it by 35°, pushes the treadmill to a suitable area, and places it flat. At least 2000mm×1000mm safety zone should be reserved behind the treadmill to avoid accidents when the treadmill is used.



Step 2

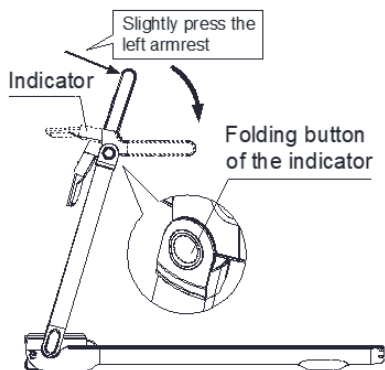
Folding of the upright post of the treadmill: the user stands on the left side of the treadmill, holds the upright post with his right hand and slightly lifts it, steps on the pedal at the front of the treadmill with his left foot, slowly lifts the upright post while leaving the pedal with his left foot, and makes a “click” sound when the upright post rotates in place, indicating that it is locked in place. If there is no “click” sound, please pull the right sidebar forward until the “click”

sound appears, and make sure both sidebars are in position and locked. When folding, hold the upright with your right hand, step on the pedal at the front of the treadmill with your left foot, slowly lower the upright, and leave the pedal with your left foot. When the upright rotates in place, it makes a “click” sound, indicating that it is locked in place. Note: Do not step on the foot pedal without holding the upright post to prevent impact. When the treadmill is folded, pay attention to the rotating parts to prevent pinch injury.



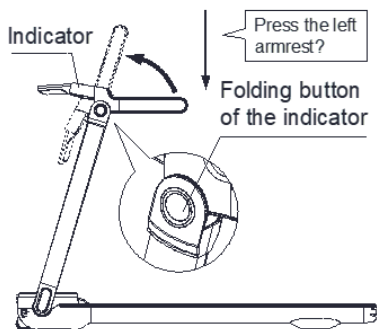
Step 3

Unfolding the indicator: Press the folding button of the indicator with the left hand and gently press the armrest with the right hand. Rotate the indicator all the way down. If there is no “click” sound, Slightly press down the left armrest, when the “click” sound appears, the indicator is locked in position.



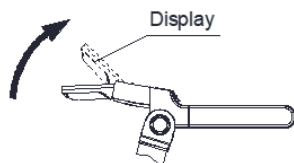
Step 4

Folding the indicator: Press the left armrest with your right hand, at the same time, press the folding button of the indicator with your left hand. The panel can be rotated and folded.



Step 5

Folding of treadmill display screen: Hold the gauge outfit with your left hand and the display screen with your right hand, and push the display screen forward slightly to the appropriate angle.



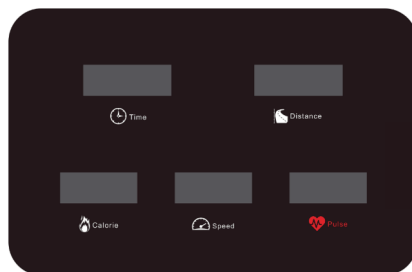
ELECTRONIC PANEL DISPLAY AND OPERATION

Display function:

1. The Window "Time":

According to the exercise time, the manual mode counts forward from 0: 00 to 99: 59, and when it counts to 99: 59, the treadmill smoothly slows down and stops running, and the speed window displays "End", and enters the standby state after 5 seconds of complete stop; The forward timing of distance and calorie

mode is from 0: 00 to 99: 59, and it is cleared to continue running after 99: 59; The countdown will decrease from the set time to zero. When the countdown reaches 0: 00, the treadmill will slow down smoothly and stop running, and "End" will be displayed. After it stops completely, it will enter the standby state 5 seconds later.



2. The window "Distance":

According to the moving distance, the forward count is from 0.00-99.99, and after overflow, it is cleared to continue running; the backward count decreases from the set value to zero. When the backward count reaches zero, the treadmill smoothly slows down and stops running, and "End" is displayed. After it stops completely, it enters the standby state for 5 seconds.

"P01~P12, U01~U03, FAT" is displayed in the setting state.

3. The window "Pulse":

to display the heartbeat rate of the runners. When the runners hold the heartbeat sensing handle, the treadmill can automatically detect and record their heartbeat rate and display it in this window. The display range of the heartbeat 50-200 times/minute(This data is for reference only, and can't be used as medical data.)

4. The window "Speed":

to display the current speed value in the operation state. The speed range is 1.0-16.0KM/h.

5. The window "Calorie":

Display the heat consumption value, from 0-999 when counting forward, and clear it after overflow to continue running; when counting down, it will count down from the set value to 0. When counting down to 0, the treadmill will slow down smoothly and stop running, and "End" will be displayed. After it stops completely, it will enter the standby state 5 seconds later.



Key function and operation:

1. “Km/h: 4, 8, 12 Km/h” is the speed shortcut key: speed setting can be performed quickly.
2. “Start” is the start key: when the power is turned on and the safety lock is engaged, press this key to start the running of the treadmill.
3. “Stop” is the stop key: during the exercise, pressing this key can stop the running of the treadmill and reset it to zero.
4. “Speed +”, “Speed-” Speed +/- key: to regulate the set value in the standby state. After the treadmill is started, this key is used to regulate the speed. The speed regulating amplitude value is 0.1 at a time. When this key is pressed over 0.5 second, the speed automatically increases or decreases.
5. “Settings” is the setting key: press it to circularly select 0:00, 30: 00, 1.00, 50.0, P01-...-P12-U01-U03-FAT. When selecting various modes, you can use “Speed + ” “Speed-key to set the relevant reverse count value. Press the Start key to start the treadmill after the setting is completed.
 “30: 00” is the time reverse counting mode, “1.00” is the distance reverse counting mode, and “50.0” is the calorie reverse counting mode. When selecting various modes, you can use the “Speed +” and “Speed-” keys to set the relevant reverse counting values. After the setting is completed, press the “Start” key to start the treadmill.

Quick start (manual mode):

Turn on the power switch of the treadmill, and correctly attract the safety lock to the position of the safety lock of the treadmill. Press the “Start” key, the system will enter the countdown of 3 seconds, the treadmill will give a prompt sound, and the time window will display the countdown of 3, 2 and 1. After the countdown, the treadmill will start running at the speed of 1 km/h. After startup, the user can adjust the speed of the treadmill by using the “Speed+” and “Speed-” keys as required. The unset parameters during the running of the treadmill will be accumulated. When the value is reached at the maximum display range, it will be cleared and counting will continue. In manual mode, the machine stops automatically after the time accumulation exceeds 99: 59 (100 minutes).

Operation during movement:

1. Pressing the “Speed-” key will slow down the running speed of the treadmill.
2. Pressing the “Speed+” key will increase the running speed of the treadmill.
3. Pressing the “Stop” key will slow down the runner to stop running.
4. When the exerciser holds the heartbeat handle with both hands, the treadmill reads

the heartbeat data displayed for about 3 seconds. (Heartbeat data can only be used as reference for exercise, not as medical data.)

Manual mode:

1. Turn on the power switch, and the electronic gauge will enter the standby state. In the standby state, press the Start key to run the manual forward timing mode, and the treadmill starts to run at a speed of 1.0 km/h. The forward counting from zero will be started in other windows. Press the “Speed+” “Speed-” key to change the speed.
2. In the standby state, press the “Mode” key to enter the Time countdown mode, the “time” window displays “30: 00” and flashes, and press the “Speed+” and “Speed-” keys to set the exercise time, with the setting range from 5: 00 to 99: 00.
3. In the time countdown Mode, press the “Mode” key to enter the Distance countdown mode, and the “Distance” window displays “1.00” and flashes. Press the “Speed+” and “Speed-” keys to set the movement distance, and the distance setting range is 0.50-99.9.
4. In the distance countdown Mode, press the “Mode” key to enter the Calorie countdown mode, and the “Calorie” window displays “50.0” and flashes. Press the “Speed+” and “Speed-” keys to set calories. The calorie setting range is from 10.0 to 999.0.
5. Press the start button after selecting one of the three countdown modes. The treadmill starts running after counting down for 3 seconds. Press the “Speed+” and “Speed-” keys to adjust the speed. Press the “Stop” key and the treadmill stops running.
6. In the reverse counting mode, when the set time decreases to zero, or when the set calories decrease to zero, or when the set distance decreases to zero, the peak whistle will make short sound Bi-Bi-Bi, and the speed will slowly decrease until it stops. The buzzer will make long sound Bi-Bi-Bi, and the speed window will display End. After 5 seconds, the peak whistle will return to standby state, and the buzzer will make long sound Bi-Bi. In addition to the 12 built-in programs, the treadmill also has 3 user-defined programs that allow users to set according to their personal conditions: U01, U02 and U03.

Built-in fixed program:

Press the “Program” key to select any built-in program from P01 to P12. The window shows the program numbers P01~P12; the “Time” window displays the default exercise time and flashes.

Press the “Speed+” and “Speed-” keys to adjust the required exercise time. (The built-in program is divided into 16 segments, and the running time of each segment is set time divided by 16.)

Press the “Start” key, and after the system enters the “3, 2, 1” countdown, it starts run-

ning according to the speed of the first segment of the built-in fixed program. When the previous segment finishes running, it automatically runs the next segment, and the speed is automatically adjusted to the value of this segment at the same time. During running, you can press the “Speed+” and “Speed-” keys to adjust the speed. However, it will automatically adjust to the program default when entering the next paragraph. After all segments run, the program ends, and the treadmill slows down slowly to a stop. During the exercise, the user can press the “stop” key or disconnect the “safety lock” at any time to stop the running of the treadmill.

Built-in fixed program table:

Program \ Duration		Running time of each segment = set time divided by 16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01 Lose weight	Speed	3	6	7	8	9	10	9	8	8	9	10	9	8	7	6	3
P02 Burn fat	Speed	5	7	9	9	11	8	8	10	10	8	10	8	6	5	4	3
P03 Mountain	Speed	3	4	6	5	3	5	6	4	5	6	7	6	8	6	5	3
P04 Running Road	Speed	3	6	7	7	8	9	9	10	10	10	9	9	8	6	4	3
P05 Race	Speed	3	5	6	8	12	8	6	5	6	8	12	8	6	8	6	3
P06 Slow Walk	Speed	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	3
P07 Quick walk	Speed	3	5	6	7	7	6	6	7	7	6	6	7	7	6	5	3
P08 Random	Speed	5	10	6	11	7	11	8	11	9	6	10	7	11	9	6	3
P09 Jog	Speed	5	7	8	9	9	9	8	8	9	9	9	8	9	8	6	5
P10 Sprint	Speed	2	6	7	8	9	10	10	11	11	11	10	9	8	6	4	2
P11 Gradual	Speed	3	4	5	6	7	7	5	6	7	7	5	7	6	5	4	3
P12 Learner	Speed	3	5	6	5	5	6	5	5	6	5	5	5	5	4	3	3

User-defined program:

In addition to the 12 built-in programs, the treadmill also has 3 user-defined programs: U01, U02 and U03, which allow users to set their own programs according to their personal situations.

1. Settings for user-defined programs:

Press the “Program” key in turn in the standby state, and the window displays “U01~U03” as user-defined programs. Press the “Mode” key to enter the setting, the “Time” window displays “S-01~S-16”, and the “Speed” window displays relevant data of corresponding time period. Then, you can set each time period. When setting, use “Speed+”, “Speed-” keys or “4Km/h” and “8Km/h” speed shortcuts to set the speed, press “Mode” key to complete the setting of this time period, and enter the setting state of the next time period until all 16 time periods are set. After setting, the data will be permanently saved until you reset it next time, and this data will not be lost due to power failure.

2. Activation of user-defined program:

- a. Press the “Program” key continuously in the standby state until the user-defined program (U01~U03) you want to run is set, and then press the start key to start.
- b. Press the “Start” key after the user-defined program and running time are set, and it can be started immediately.

3. User-defined program setup instructions:

Each program divides the exercise time into 16 time periods. When setting, the speed and running time of all 16 time periods must be set before pressing the “Start” key to start the treadmill.

Physical fitness test:

In the standby state, press the “Program” key successively, and the “Time” window displays “FAT” to enter the body mass index (FAT) detection function, and press the “Mode” key to enter F-1, F-2, F-3, F-4 and F-5 interfaces (F-1 is gender, F-2 refers to age, F-3 refers to height, F-4 refers to weight and F-5 refers to body mass index). Press “Speed+” and “Speed-” keys to set the parameters of F-1~F-4 (see the following table for parameters).

After setting, press “Mode” key to enter the F-5 physical fitness test interface, and then hold the heart rate board 5 with both hands. Body mass index (FAT) is a measure of the relationship between a person's height and weight, not the body proportion. FAT is suitable for any male and female, and provides people with the basis for adjusting their weight together with other health indicators. The ideal FAT should be between 20 ~24. If it is lower than 19, it means too thin, if it is between 25 ~ 29, it means overweight, and if it

exceeds 30, it is considered obese. (This data is for reference only and cannot be regarded as medical data.)

Genre -F1-	1 (Male) - 2 (Female)	
Age -F2-	10 --- 99 years	
Height -F3-	100 --- 200 cm	
Weight -F4-	20 --- 150 Kg	
BMI -F5-	≤19	Very thin
	= (20---24)	Ideal
	= (25---29)	Overweight
	≥30	Obese

Display range of each value:

SETTING PARAMETERS	INITIAL	SET INITIAL VALUE	SET RANGE	INDICATION RANGE
TIME (MINUTES:SECONDS)	0:00	30:00	5:00 - 99:00	0:00 - 99:59
SPEED (KM/H)	1.0	1.0	1.0 - 16	1.0 - 16
DISTANCE (KM)	0.00	1.00	0.50 - 99.90	0.00 - 99.99
HEART RATE (BEATS/MINUTE)	-	-	-	50 - 200
CALORIES (KCAL)	0	50	10 - 999	0 - 999

Safety lock function:

In any state, the running of the treadmill can be stopped urgently by pulling off the safety lock. The treadmill stops urgently, all windows display “---”, and the treadmill gives 3 “Bi” alarms; at this time, the treadmill can’t do any other operation except shut down. After the safety lock is correctly installed again, the treadmill enters the standby state again, waiting for the input instruction.

Energy saving function:

The treadmill has energy-saving function. In standby state, if there is no key instruction input within 10 minutes, the display will be automatically turned off, the treadmill system will enter the energy-saving mode, and the treadmill can be woken up again by pressing any key.

Shut down:

At any time, the treadmill can be turned off by turning off the power switch, which will not damage the treadmill.

Matters needing attention:

1. Check whether the treadmill is loaded with power before exercise; Check whether the safety lock is valid.
2. If an abnormal situation occurs during exercise, the safety lock can be pulled off, and the running opportunity will quickly slow down to stop; then put in the safety lock, reset the equipment, and wait for the input command.
3. If there is any problem with this machine, please contact the dealer. Non-professionals, please do not try to disassemble or repair it to avoid equipment damage.

USAGE AND SAFETY PROTECTION OF TREADMILL

Treadmill debugging

1. After installation, put the safety lock in the corresponding position of the electronic watch.
2. Before electrifying, check whether the grounding wire of the power supply is well grounded, pull the running belt by hand, and check whether it rotates flexibly without any noise.
3. Plug in the power plug, turn on the power switch, and all the windows of the electronic watch will display the initial value, and the belt will not move.
4. Press the "Start" key, and the treadmill starts running at a low speed of 1.0 km/h, and observe whether the treadmill and electronic watch are running normally.
5. Press the acceleration key and deceleration key to observe whether the adjustment is normal.

6. Press the “Stop” key or pull off the safety lock, and the treadmill stops running. Turn off the power switch and unplug the power plug.

Operating instructions

The electric treadmill can be put into use after installation and debugging

1. Plug the power plug into the domestic 220V power socket, and the power socket must have a good grounding wire.

2. Put in the safety lock and press the “Start” key, and the running belt will move slowly at a speed of about 1.0 km/h, and the speed of the treadmill will be displayed on the meter.

3. If you increase the speed of the treadmill, you can press the accelerator button, and the buzzer “beeps” to indicate an upgrade, with a top speed of 14 km/h.

4. If there is no time to slow down when running at high speed, pull off the safety lock and stop the treadmill immediately.

5. After running, press the stop button of the treadmill, and the treadmill stops slowly.

Safety protection of treadmill

1. In any emergency, as long as the exerciser removes the safety lock, the treadmill will be powered off and shut down. Therefore, when you are exercising, you must clamp the safety lock clip at the appropriate position on your clothes to ensure the safety of the exerciser.

2. When the treadmill belt slips or the running belt is stuck, the motor will stop in about 3 seconds.

MATTERS NEEDING ATTENTION

Circuit aspect

1. Try to avoid using other electrical appliances on the same power supply line, and the power supply line must be able to provide current greater than 8.3A.

2. The required power supply voltage is between 220V ± 10%, which may cause abnormal operation beyond this voltage range.

3. Check whether the power supply is loaded before exercise; Check whether the safety lock is valid.

4. If an abnormal situation occurs during exercise, the safety lock can be pulled off, and the running opportunity will quickly slow down to stop; then put in the safety lock, reset the equipment, and wait for the input command.
5. Turn off the switch and unplug the power plug in time after using the treadmill.
6. In winter, a certain humidity should be kept indoors to avoid strong static electricity.
7. After the power cord is damaged, please replace or purchase it at the designated product dealer.
8. If there is any problem with this machine, please contact the dealer by email: support@starketraining.store

Environmental aspects of placement

1. Treadmill should only be placed indoors, so as to avoid damp. It is not allowed to splash water on the treadmill, and it is not allowed to place or insert any foreign matter on the treadmill.
2. When the treadmill is running, the motor will produce trace sparks, so it should be placed in a well-ventilated place and away from explosive materials.
3. When using the treadmill, make sure that the front and rear feet of the treadmill land reliably. If the ground is uneven, use carpet or rubber board to cushion it firmly.
4. At ordinary times, attention should be paid to indoor hygiene to reduce indoor dust, which will affect the sensitivity of electronic components.

Precautions before and during exercise

1. For your safety, you should wear sportswear and choose suitable sneakers when using the treadmill. It is strictly forbidden to exercise barefoot on the treadmill.
2. Two or more people are not allowed to exercise on the treadmill at the same time.
3. Prepare a towel before running to prevent sweat from dripping on the running belt and then falling into the casing, causing electrical damage.
4. The first runner should stand on the side strip and test on the running belt with one foot several times, and feel that he can keep up with the speed of the running belt before getting on the machine.
5. This treadmill has enough motor power, which can realize zero start in principle.

However, in order to prolong the life of the treadmill, it is recommended that you stand on both sides of the running frame first, and then you can exercise on the treadmill after the standby start is normal.

6. Do not get on or off the treadmill from the back end, it is very easy to wrestle.
7. When walking on the handrail, the force should be uniform, and people should run straight to avoid running belt deviation.
8. When a person runs into a normal state, his hands should leave the armrest, and his arms can swing boldly, so that the exercise effect is better.
9. When getting off the treadmill, press the stop button until the running belt stops completely before getting off the treadmill.
10. Young children must be kept away from the running treadmill, so as to avoid being caught by the running belt or causing serious injuries to clothes.
11. Do not touch the running belt with your hands.

Matters needing attention in other aspects.

1. Patients with heart disease should not use electric treadmill alone.
2. Determine the running speed according to your physical condition; People with physical diseases should not use this machine or use it under the guidance of a doctor.
3. The heart rate sensor is not a medical device, and the detection results are for reference only.

DAILY MAINTENANCE AND MAINTENANCE OF ELECTRIC TREADMILL

In daily use of treadmills, maintenance should pay attention to the following points:

Keep the treadmill clean

1. Keeping clean can greatly prolong the service life of the treadmill. The exposed running boards and pedals on both sides of the test running belt should be wiped frequently to reduce the long-term accumulation of dust and dirt under the running belt.
2. The running belt can be rubbed with a soft cloth dipped in soapy water. Be careful not to let the water flow under the running belt and inside the shield.
3. Check the screws and nuts of the treadmill regularly. If they are loose, please lock them with tools immediately.
4. Regularly check whether the motor belt groove is clean. If there is any slag, it must

be cleaned to prevent unnecessary vibration during use.

9.1.5 Regularly clean the dust around the electric control system and motor to ensure the normal operation of the treadmill.

Lubrication

1. A bottle of special lubricating oil for running board is attached, and the special lubricating oil should be evenly rubbed on the surface of running board regularly to prevent the running belt and running board from being damaged due to the increase of friction temperature between running belt and running board, and reduce the load of motor. (Note: Children should not play to avoid eating by mistake)

2. After the treadmill has been used for a period of time and accumulated to 50 kilometers, it is necessary to lubricate the running board and running belt with special lubricant. Do not add too much lubricant every time. It is recommended that a bottle of 30ml special lubricant for the treadmill be used ten times.

3. Lubricating oil application method: loosen the left and right adjusting bolts at the rear end of the treadmill with special tools, raise the running belt by about 10-15 cm, pour a proper amount of special lubricating oil into the top surface of the running board, apply it evenly, and then tighten the running belt. (See "Adjustment Method of Running Belt Tightness" for adjustment method.) Do not lubricate excessively. Please keep in mind that reasonable lubrication is an important factor to improve the service life of the treadmill!

Judging friction

Uncleanliness or reduced lubricant will cause increased friction between running board and running belt, which may cause damage to motor and control board. Too much friction has the following characteristics

1. In the power-off state, it is very laborious or even unable to pedal with the pedal running belt;

2. Run the treadmill at medium speed under load, pull down the safety lock, and the running belt will stop completely immediately;

3. Increased friction may cause damage to motor or control panel, short circuit trip, fuse blow, etc.

Adjustment of running belt tightness

1. All treadmills need to adjust the running belt before leaving the factory and after installation, but after a period of use, there may be slack phenomenon, which is mainly

maintained by users themselves. If the running belt is loose, it will slip between the running belt and the roller when you step on the running belt, but it is not good if it is too tight, which may damage the motor, the running belt and the roller and increase the running noise of the treadmill. Under normal circumstances, both sides of the running belt can be lifted 5-6 cm away from the running board.

2. Judging the way of running loose

Adjust the speed of the treadmill to 1.5km/h, grab the handrail with both hands, and stop the running belt with your feet. If the running belt stops, but the front drum still rotates, the running belt continues to rotate after loosening. This phenomenon shows that the running belt is loose, and the user will feel pause. Long-term use will reduce the life of the running belt, so it should be adjusted in time.

3. Adjustment method of tightness of running belt: After running on the treadmill for a period of time, there will be a pause phenomenon, which is caused by loose running belt. The fastening and adjusting bolts of the left and right rear adjusting boxes are used to adjust the tightness and deviation of the running belt, which is the core component of the whole treadmill adjustment.

Adjustment method. (Note: clockwise means tightening, counterclockwise means loosening, and the following tightening and loosening means clockwise and counterclockwise respectively.) After the treadmill is used for a period of time, the running belt will stretch slightly, and the running belt will slip when running, indicating that the running belt is loose. At this time, it is necessary to tighten the rear cover fastening adjusting bolts, and tighten the rear cover fastening adjusting bolts on both sides with 1/4 circumference as the standard until there is no skid or stop on the treadmill.

Special attention: the tighter the running belt, the better. Instead, adjust the tightness according to the need. Too tight will shorten the service life of the running belt.

Running belt deviation adjustment

All treadmills need to adjust the running belt before leaving the factory and after installation.

After using for a period of time, the phenomenon of deviation will occur. The reasons for this phenomenon are as follows:

1. Unstable placement of the mainframe.
2. When the user moves, his feet are not in the center of the running belt.
3. The user's feet exert uneven force.

4. Adjustment method of deviation: the deviation phenomenon caused by man can be restored to normal after a few minutes of no-load rotation. For the unrecoverable deviation phenomenon, use the special tools equipped randomly to gradually adjust the running belt adjusting bolts in half circle units. If the running is to the left, adjust the left adjuster bolt clockwise or counterclockwise. If the belt runs to the right, adjust the right adjuster bolt clockwise or the left bolt counterclockwise. Running belt deviation is mostly maintained by users themselves. Running deviation will seriously damage the running belt, so it must be found and corrected in time.

Motor belt adjustment

1. The motor belt of all treadmills has been adjusted before leaving the factory, but the running belt will stop after a period of use, which is caused by too loose motor belt.

2. The way to judge the motor belt is too loose: adjust the speed of treadmill to 1.5 km/h, grab the handrail with both hands, and stop the running belt with your feet forward. For example, the running belt and the front roller stop rotating at the same time, but the running belt continues to run after loosening. This phenomenon shows that the motor belt is too loose, and the user will feel pause. Long-term use will reduce the life of the motor belt, so it should be adjusted in time.

3. Solution: Use the special tool motor belt adjusting bolt to adjust clockwise for several times until the user does not feel a pause. It is mainly adjusted by users themselves. Adjustment method of motor belt: use random tools to adjust clockwise in half circle.

TROUBLESHOOTING

Faults or erros	Possible causes of occurrence	Processing method
Treadmill has no display	A. There is no plug-in power supply, or no power supply	Connect the power cord to AC, or check the AC outlet
	B. The power switch is not on	Set the power switch to the ON position
	C. The drive is not powered or damaged	Press the overload protector again, or replace the drive
	D. Open circuit of electronic watch signal line	Replace the signal line and reconnect it
	E. Electronic watch damaged	Replace the electronic watch
Treadmill display is incomplete and lacks strokes	A. Virtual soldering or connection soldering of display driver IC	Need to repair, check the solder joints and re-weld in place
	B. The conductive strip slides and is not fixed in place	Reassemble the conductive strips
	C. Bad display driver IC	Need to repair and weld new display driver IC

Electronic watch display	Treadmill movement is not smooth, weak or shaking	A. There is resistance in the transmission part	Adjust transmission parts, or add lubricating oil
		B. The drive belt is too tight or loose	Adjust belt tightness
		C. Drive torque is too small or too large	Adjust the torque potentiometer to the proper position
	--- or ---	A. Safety lock falls off	Put the safety lock to the position of sucking or inserting card on the panel
		B. Magnetron is not attracted	Magnetron is installed in the correct position
	E01- communication failure (the driver does not receive the electronic watch signal); E13- communication failure (electronic watch does not receive driver signal)	A. The signal line of the electronic watch is not connected well or in poor contact	Reconnect the patch cord
		B. The signal line of electronic watch is damaged, short circuit or open circuit	Replace signal line
		C. Electronic watch signal line fault	Replace the electronic watch
		D. Driver signal line fault	Replace the drive
	E02- stall protection	A. The motor wire is not plugged in, or the motor is open inside	Reinsert the motor cable, or replace the motor
		B. Driver IGBT breakdown damage	Replace the drive
		C. External AC voltage is too low	Stop using it and ask an electrician to troubleshoot
	E03- No speed sensing signal (with speed sensing driver)	A. The speed signal line is not connected well, or the sensor is damaged	Reinsert the speed signal line or replace the sensor
		B. Bad sensor line of driver	Replace the drive
	E05- overcurrent protection	A. Overload.	System protection, restart if it is blocked manually
		B. Transmission parts are stuck or blocked	Adjust transmission parts, or add lubricating oil
		C. Motor internal short circuit	Replace the motor
		D. Drive burned out	Replace the drive
	E06- usually open circuit of motor	A. The motor wire is not plugged in properly	Reconnect the motor cable
		B. Open circuit in motor	Replace the motor
		C. Motor idling	Error reported when current is too small, please install and test
	E08- storage 24C02 error (with 24C02 drive)	A Memory IC is not inserted in place (non-switching power supply)	Plug it back into the IC seat, and pay attention to the PIN1 pin position
		B The memory IC is damaged, or the related circuit is defective	Replace the memory IC, or replace the drive
	E09- inversion Error (with inversion driver)	A Treadmill stands upright or is not placed horizontally	Adjust the treadmill and place it horizontally
		B Bad driver inversion circuit	Replace the drive

Electronic watch display	E10 - usually the instantaneous peak current of the motor is abnormal, and it is over-current protection	A Excessive torque of driver	Adjust the torque potentiometer to the proper position
		B Motor internal short circuit	Replace the motor
		C Transmission parts are stuck	Adjust transmission parts, or add lubricating oil
	E11 - Overvoltage of external AC voltage (as required by customers)	Ac overvoltage: higher than 270VAC; in 220V system; Over 150VAC at 110V system	Stop using it and ask an electrician to troubleshoot
	E14- External AC Voltage Undervoltage (according to customer requirements)	Ac undervoltage: lower than 160VAC; in 220V system; Lower than 70VAC in 110V system	Stop using it and ask an electrician to troubleshoot

EXERCISE PRECAUTIONS

Warm-up: Before each operation, warm-up exercise should be performed for 5 ~ 10 minutes, including warm-up (standing still, treadmill, rowing machine, exercise bike) and stretching (stretching muscles and bending joints in the training area) to prevent sports injuries caused during operation.

Breathing: Do not hold your breath during exercise, usually inhale through your nose when preparing or restoring your movements, and exhale through your mouth when you exert yourself. Breathing and movement should be coordinated. If breathing is too rapid, stop exercising.

Frequency: It is best to have a 48-hour rest when exercising muscles in the same part, that is, to train the same part every other day.

Load: Determine the amount of training according to the individual's physical condition, and then practice according to the gradual load. It is normal to have sore muscles during the initial practice. As long as you continue to practice according to the above frequency, the sore will be eliminated.

Relaxation: After each exercise, you should also do a 5-minute recovery exercise, especially to train your foot muscles to stretch and relax, so as to avoid long-term coagulation of muscles and keep their elasticity.

Diet: To protect the digestive system, you can only train one hour after meals, and you should eat at least half an hour after training. Try to drink as little water as possible during training, especially avoid drinking too much water, so as not to increase the

burden on the heart and kidneys.

If there is any problem with this machine, please contact the dealer. Non-professionals, please do not try to disassemble or repair it to avoid equipment damage.

INTERCONNECTION AND INTERACTION FUNCTIONS:

The treadmill provides the function of connecting with the “sports show APP”, which can wirelessly control the treadmill, and at the same time, the “sports show APP” records and stores the athletes’ sports data, which is convenient for the athletes to consult and share.

Usage:

1. Smart Android phones can be downloaded and installed by searching for “sports show” or “Fitshow” directly in the app store, or by scanning the QR code on the right. Installation requirements of sports show APP: Apple brand mobile phone needs 4S or higher, Android mobile phone needs 5.0 or higher. Note: Any “sports show APP” involves commercial activities such as membership and payment, and has nothing to do with treadmill manufacturers.



2. Open the “Sports Show APP” on the “Sports” page, click “All” to pop up the “Nearby Devices” dialog box, click “Search Again” to find the Bluetooth (Bluetooth: FS-XXXXXX) of the treadmill, click “Select” to match, and click “Start” after 3...2...1... countdown.

If Bluetooth is automatically disconnected during the running process after the sports show APP is connected to BLE, please restart the phone (or turn it off and on again) and then run the APP.

BLUETOOTH AUDIO FUNCTION:

Treadmill can be connected with mobile phones, tablet computers and other devices to play music.

Usage:

Turn on the Bluetooth switch of the external device, search and pair the Bluetooth of the treadmill (Bluetooth name of treadmill: SYMK), and the treadmill will give a prompt tone after successful pairing. When playing audio from an external device, the audio volume is controlled by the external device.

Note: After user 1 successfully connects and pairs, when user 1 does not cancel pairing, user 2 cannot connect with paired Bluetooth.

When the external device is far away from the treadmill, it will be automatically disconnected, and when the external device returns to the range of the treadmill, the treadmill will be automatically connected.

GUARANTEE CERTIFICATE

Equipment	Serial number	Type of use	Sale date
Treadmill Starke T60			

Warranty period: DC Motor and frame 2 years, electronic parts 1 year and 3 months other parts, except parts for natural wear and tear.

This warranty covers any manufacturing defects the products may have, except for parts with natural wear and tear.

During the above warranty period, the customer undertakes to replace or repair parts with manufacturing defects free of charge.

The customer will be responsible for paying the technician's travel fee in the amount in effect at the time.

If the customer prefers, the equipment under warranty may be sent to the nearest authorized technician and the repair will be made without charge for parts and labor.

The warranty is valid only for manufacturing defects and does not cover the breakage of parts resulting from the use or transport of the equipment. Ex: Plastic parts.

The eventual service and replacement of parts does not imply an extension of the warranty period.

Any claims for economic loss, and claims for physical and/or material damage caused outside or around the equipment are excluded.

The warranty does not cover installation, cleaning and lubrication services of the products.

The customer is responsible for expenses arising from answering calls under warranty and found to be unfounded.

The warranty will be void in the following situations:

1. Damage caused by: theft, vandalism, lightning, fire, floods and / or other natural disasters.
2. Sweat, water, solvents, alcohol and / or other liquids.
3. Falls, accidents, crashes or improper use.
4. Connecting the product to an electrical network outside the specified standards or subject to an excessive voltage variation.
5. Use of the product in environments subject to corrosive gases (ex: chlorine evaporation), humidity or excessive temperature.
6. Using the equipment outdoors.
7. Use of the product inside saunas, garages, bathrooms.
8. Each product has its well-defined segment of use: professional / semi-professional / residential. The use of the equipment in disagreement with its specification will result in the loss of the product warranty, regardless of the time of use. For example, the use of residential appliances in gyms, clubs, associations, clinics, schools, associations, condominiums, commercial places and others.
9. Cleaning with non-recommended chemicals, which may cause stains. Cleaning should only be performed with a dry cloth.
10. Incorrect lubrication of the equipment, including lack or excess.
11. When the assembly, handling, and / or repairs by persons or unauthorized technical assistance are verified, including the users themselves, or failure to observe the Operation Manual.
12. Found alteration of original mechanical, electrical and electronic parts.
13. Serious removal or modification of the serial number.
14. The use of the device has been verified in places exposed to sunlight, rain, dew, dust, salt air, humidity or poorly ventilated etc.
15. Prior maintenance verified with non-original parts.
16. The equipment has been used by more than one person at the same time.
17. The use of the equipment by people over the weight specified for the product has been verified.
18. Do not follow the maintenance schedule attached to this operation and assembly manual.

We are not responsible for any accidents and their consequences, resulting from the violation of the original characteristics or assembly out of the factory standard of your products.

We reserve the right to make changes to this warranty term without prior notice.

The warranty will only be valid upon presentation of this certificate, or the respective purchase invoice, and only in the national territory.

A list of authorized service centers can be obtained from support@starketraining.com or visit our website, www.starketraining.com.br for more information.

MAINTENANCE CHART

CHECK	DIARY	WEEKLY	MONTHLY	QUARTERLY	SEMIANNUAL	YEARLY	BIENNIAL
Deck Running board				INSPECT			REPLACE
Structure	CLEAN		LUBRICATE		INSPECT		
Structure leveling		INSPECT					
Joint screws		INSPECT	LUBRICATE		RETIGHTEN		
Panel assembly screws					INSPECT	RETIGHTEN	
Plastic covers		INSPECT					
Power cord			INSPECT				
Running belt	CLEAN	LUBRICATE					REPLACE
Panel	CLEAN	INSPECT					
Command buttons	CLEAN	INSPECT					
Safety key	TEST						
Front roller			INSPECT	CLEAN			REPLACE
Rear roller			INSPECT	CLEAN			REPLACE
Drive belt				INSPECT	CLEAN		REPLACE
Motor control board			CLEAN				
Motors			CLEAN		INSPECT	TEST	
Motor carbon brush				INSPECT		REPLACE	

Note: Failure to meet the deadlines mentioned in this table may result in total or partial loss of the warranty.

Treadmill T60

T60
STARKE



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